

My Child

at 2 1/2 years



30-month Check-Up

At this age, your baby is due for a routine, well check-up. This is what you should expect the pediatrician to go over:

- ♥ Diet and nutrition
- ♥ Sleeping habits
- ♥ Bathroom habits
- ♥ Developmental goals
- ♥ Assessment of baby's health and development
- ♥ Advice and guidance! You're doing great!

Show me love by...

- Giving me a safe place to practice jumping!
- Offering me choices whenever possible.
- Encouraging me to help with simple chores at home like sweeping and making dinner.
- Taking me for walks and pointing out objects.
- Spending time praising my positive behaviors, while also teaching me the rules of good behavior.
- Help me say words correctly. If I say "babloon," say, "That's right, *balloon*."
- Encourage me to say my words when I want something rather than pointing to it.
- Kick a ball with me.
- Hide toys around my room then let me find them.

Keep me safe...and please...

- Teach your child to use caution when approaching dogs.
- Ensure that guns are kept in a locked area and ammunition is stored separately.
- Keep matches and lighter's out of your child's reach.
- Keep my bedtime routines consistent.
- Read to me at night. I love books!

By 2 1/2 years...

Your child may be having tantrums. Teach your child that they don't work and that you won't change your mind because of them. Use time-outs (1 minute per year) and praise your child for cooperating.

Watch me grow! I can...

- Grow 5 inches between 1 and 2 1/2 years old!
- Gain about 5 pounds between 1 and 2. 1/2 years.

What I need...

- To be offered healthy foods at snack and meal times.
- 4 milk/cheese servings daily: 1/2 cup low-fat milk, 1/2 slice cheese, 1/2 cup yogurt.
- 2 fruit and 2 vegetable servings a day. (One serving is equal to 1/2 cup of vegetables or 1/2 piece of fruit including:
 - At least 1 vitamin C food everyday: (orange, berries, kiwi, broccoli, spinach, peppers, or up to 4 oz. orange juice or other WIC juice.
- 2 protein servings daily; 1 ounce cooked meat, fish, chicken, 1 egg or 1 tablespoon of peanut butter, spread on bread, crackers, or fruit.
- 6 grain servings a day (serving size is 1/2 slice of bread, 1/2 cup cold cereal, or 2-3 crackers). Half my grains should be whole grains.
- To have new foods introduced when I'm hungry.
- To eat every 2-3 hours.

Don't forget... I can

- Say "NO!" whenever I get the chance.
- Show more and more independence.
- Tell you names of familiar people and body parts.
- Repeat words overheard in conversation.

You can take care of my oral health by...

- Helping me brush my teeth and gums twice a day with a soft-bristled toothbrush and a smear of fluoridated toothpaste.
- Calling to schedule my dental cleaning.

Exploring my world . . . I can

- Jump!
- Draw lines and circles with a crayon.
- Name pictures like dog, cat, bird, when you point to them.
- Copy others, especially adults and older kids.
- Play simple make-believe games.
- Build towers of 4 or more blocks.
- Climb onto and down from furniture without help.
- Feel like I'm too busy to eat.
- Sleep 8-12 hours a night.

Hey! CHECK ME OUT!

Have you seen me . . .

- ✓ Wash and dry my hands
- ✓ Imitate drawing a straight line
- ✓ Name 3 pictures (cat, dog, bird)
- ✓ Have speech you can understand
- ✓ Balance on one foot (I'm just starting to)



The Path to Reading...

2 1/2 years

You can:

- ★ **Build and play** with your child. Stack food boxes, containers or toy blocks. This helps your child develop fine motor skills in their eyes and hands which will help with reading later on.
- ★ **Listen to music.** Trips in the car can be stressful. Start playing a song or story and let your child listen while she rides. Make comments or sing along yourself.
- ★ **Play with instruments.** Children love to make noise. Let your child use spoons, pots and pans, or plastic tubs to bang on. Hearing and understanding sounds is part of reading.

Book Corner: Children enjoy hearing the same words and rhymes over and over. Find books with simple rhymes or words and sentences that are repeated.

Check out these websites for FREE info!



WIC Website for Feeding Information
www.michigan.gov



Your Child—General Health information:
<http://www.med.umich.edu/yourchild/index.htm>



POISON CONTROL
Available 24 hours a day
7 days a week
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Check out www.gtchd.org/1973 for additional resources for moms, dads, and babies.